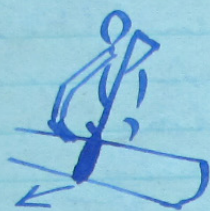


4) Push Over.



The push over stroke moves that portion of the canoe in which it is executed, away from the paddling side. The push-over stroke may be used by the bow, stern or crew paddler. The paddle is placed vertically in the water close to the side of the canoe at a point slightly forward of the hips, the front of the blade facing directly away from the canoe. The upper arm moves the grip of the paddle in an arc directly away from the paddling side & downward across the canoe, at the same time the shaft of the paddle is braced against the gunwale. The tip of the blade thus travels outward, away from the canoe & sharply pulls or pushes that part of the canoe from which the stroke is being executed, away from the paddling side. The recovery is made by feathering with the inner edge of the blade leading & cutting the water cleanly to the point of beginning the next stroke.

Stern.

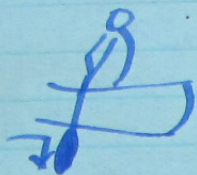
J Stroke.

This is the stroke used in the stern paddling position, or by a canoeist paddling alone, to counteract the tendency of the bow of the canoe to swing away from the paddling side.

With this stroke the canoe may be kept on a straight course without any break in the cadence of the stroke to take time out for trailing the paddle & steering. It is also used by a sole paddler or by the stern paddler in a tandem to make a wide turn towards the paddling side without losing headway.

(The "J" stroke is a combination of the straight ahead stroke & the push over.)

The blade at the end of the straight stroke is at right angles to the canoe, the paddle is turned for the hook of the "J" so that the back of the blade is facing almost directly away from the side of the canoe. During the latter part of the stroke, the upper arm also.



exerts an increasingly powerful pressure downward & away from the paddling side. The recovery is made by feathering forward just above the surface of the water.

The stroke should be smooth & continuous without any pause or break in the rhythm of it. At the end of the stroke the leverage on the blade can be slightly increased, if desired, by exerting extra pressure on the downward thrust of the grip while the shaft of the paddle is braced against the gunwales.

Big J.

The Big J is used to turn the canoe sharply & at the same time lessen the headway. It is therefore a useful stroke for landings. The paddle travels in exactly the same manner for the Big J as for the regular J, except that at the end of the hook of the J, the inner edge of the paddle is turned forward so that the blade is pressed against rather

than feathered through
the water as the paddle
is recovered for the next
stroke.

Full Sweep

The full sweep is a
combination of the half sweep
& a draw stroke. It may
be used to make a turn
away from the paddling side.

The stroke starts with
the paddle placed edgewise
in the water as far ahead
as possible & close to the
canoe. It then sweeps in a
wide circle away from
the canoe & returns until
in line with the hips. From
this point a draw stroke
brings the canoe to the paddle.

The recovery is made by
feathering forward just above
the surface of the water
& parallel to it.

● Climbing
into a canoe.

● Getting into canoe from deep water - swim to or take a position just to the left of the centre of canoe, place both hands on the gunwale, with left hand nearest the thwart, arms perfectly straight + with a crawl kick, bring your entire body as nearly flat on the surface of the water, lean down on the canoe, and kick forward, keeping as a vigorous leg kick, so that the water takes the weight of the lower part of your body, lunge forward with right hand to the farther gunwale and get as much of your weight as possible on that side. The right elbow particularly, must be kept high while the left hand should pivot on the gunwale, so that the fingers are outside. Do not shift the left hand to the thwart.

● Still maintaining the steady leg kick, slide your body up, by pulling straight across the canoe with your right hand + arm + pushing with the left, until you are resting about $\frac{1}{2}$ way up on the point of both thighs - and lower yourself to a sitting position in the bottom of canoe + swing your feet in.

Strokes

Sculling

The sculling stroke is used either with very little heading, or with the canoe stationary, to move the entire canoe sideways any desired distance. The sculling stroke moves the canoe sideways toward the paddling side, and is executed by placing the paddle in a semi-vertical position as far from the side of the canoe as you can comfortably reach, and moving the paddle in a series of sideward figure eights. The action may finally become a series of arcs, the pressure alternately on one edge and then the other of the paddle blade, the blade remaining well out from the canoe and the back of the blade facing the canoe throughout.

Under-bow rudder

This is a racing stroke used for quick turning purposes & in fast water. The paddle is thrust into the water tip first, and held at an angle under the bow of the canoe, thus the paddle becomes a rudder under the bow. The edge of the paddle rests against the keel of the canoe while the spike is well out over the water away from the side of the canoe.

In the under-bow rudder the paddle is either lifted across the canoe to position, thus turning the canoe to the side on which the bow paddler was working, or the hands are changed

so that the paddle may be thrust into position to turn the canoe away from the side on which the bow paddle was working.

Bow Putter.

The bow rudder stroke is used to turn the bow towards the paddle quickly when the canoe is under way. It is thus a useful racing stroke, but it is also used to advantage to clear a snag or rock without checking the headway of the canoe too much.

It is executed by placing the paddle edgewise in the water on the paddling side, inner edge down and point of the blade facing forward at an angle of approximately thirty degrees with the bow. The lower hand slips about 4" higher on the shaft of the paddle, the upper arm is bent with the wrist & the heel of the hand braced against the chest as near the shoulder as possible. The entire body is braced to hold the paddle rigidly in this position while the canoe turns to the paddle.

Cross-bow rudder.

The cross-bow rudder is used in order to move quickly in a similar manner may from the paddling side. The position of the upper hand is not changed from that of the bow-rudder towards the paddling side. The lower hand simply lifts the blade of the paddle across the bow of the canoe and places it in the water on the opposite side in exactly the same manner as above except that the back of the blade will now be taking the pressure.

Stationary Draw.

The stationary draw is executed by reaching well away from the side of the canoe & slicing the blade into the water as nearly vertical as possible and with the back of the paddle facing the canoe, inner edge cutting the water. The paddle is then revolved by the upper hand so that the back of the blade faces just slightly forward & at the same time a considerable amount of weight is placed on the blade to hold it stationary against the pulling pressure developed. The drawing effect towards the paddle is instantaneous, but it may be discontinued just as quickly by again turning the blade so that it slices closely through the water.

Modern Canoes

Canvas Covered

The canvas covered canoes, as their name indicates, have a waterproof 18 oz. canvas, stretched tightly & smoothly over a light hull of thin wooden planking held in shape by a framework of ribs. The ribs on the canvas models are flat & $2\frac{1}{4}$ " wide, spaced quite close together. The planking of the hull is only of an inch thick & while the joints between the planking are closely laid, they are not watertight. The planking serves principally as a smooth surface over which to stretch the canvas covering & prevent it from sagging between the ribs.

The principal point in favour of the canvas models is their admissibility even in the face of absolute neglect & abuse.

The canvas covering, after it is stretched tight on the hull, is heated with a filler which dries hard & smooth, & is then given a coat of colour & finished 3 or 4 coats of spar varnish. Another method is to use spar varnish on the inside, and canoe enamel, the desired colour on the canvas outside. These make tough coverings which remain watertight until unless damaged by accident.

The canvas covered canoe is the most serviceable & is preferred for camps. the average private owner & public canoe liners.

Selection of Canoe.

The method of construction & design of the canoe varies considerably with the purpose to which it is to be put, & the conditions under which it is to be used. The canvas covered type will stand more hard bumping without splitting, but will not stand as much scraping, grinding & scratching as the all wood type. Therefore for long rough trips in shallow rocky streams & for carrying heavy freight the all-wood canoe is usually preferred. The woods in the early spring

The canvas covered canoe needs less care to keep it watertight & does not require the same protection from the sun & wind. Racing canoes are built of wood, as they can be built lighter, stronger, smoother & swifter than a canvas-covered craft. If speed is desired, it is necessary to sacrifice usefulness & sturdiness.



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